

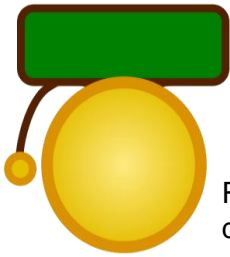


New Orleans

| OCTOBER 2010 |

THE FFSC *Focus* junior edition

Tips for a Successful School Year!!!



Ring! Ring! Time for school! It's your time to shine, so work really hard for the next days and months ahead to optimize your learning. This is your year to be the most successful student that you have ever been. Here are a few tips to get you started.

Get enough sleep

On average children age 5- 12 need 10 to 12 hours and 13- 17 need 8 to 9 hours of sleep. You are less likely to sleep in class if you get enough sleep.

Eat a healthy breakfast

When you eat a healthy breakfast you are more alert and creative. Your concentration and problem solving skills are better.

Pay attention in class

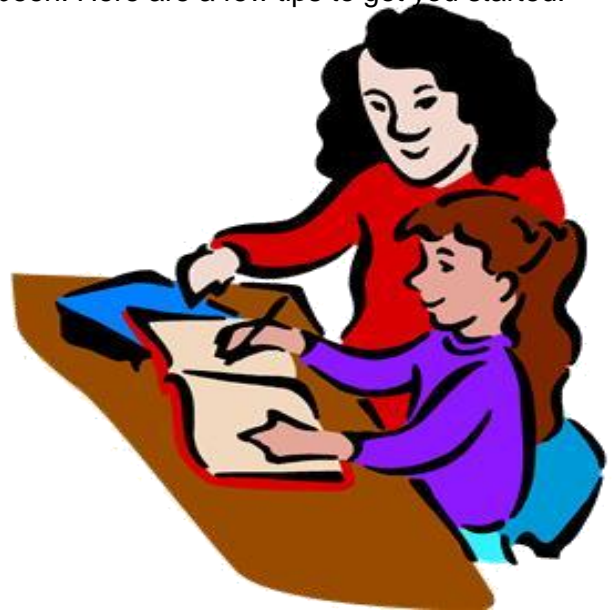
By paying attention in class you are more likely to understand the lesson that was taught by your teacher. If you understand the lesson, doing your homework might be easier because you know how to do the work.

Find a study buddy

Study buddies are supportive of each other. They help each other work through tough school work. They congratulate each other on the successes, even the small one.

Do not wait to do your homework

Playing outside with your friends or video games inside is fun but doing your homework could relieve stress. Doing your homework first would keep you from staying up late to complete it.



**The Fleet & Family Support Center
Naval Air Station JRB
Building 555**

**(504) 678-7569
TOLL FREE: 1-888-304-1939**

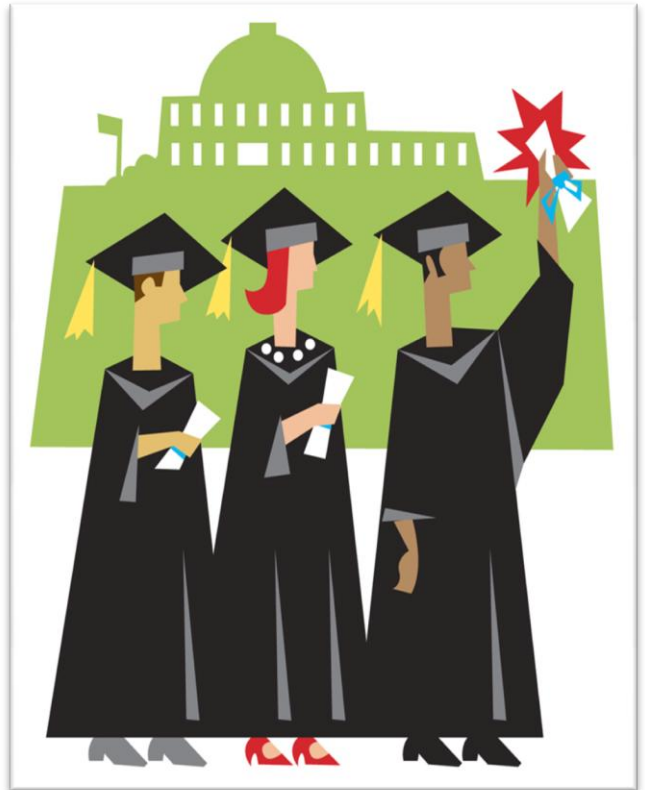


Choosing the Right College

It's finally here, the moment of truth. Your high school days are almost behind you and your college days are ahead. The time has come to make the big decision, find a college that will suit your needs. With so many colleges to choose from, it could take a while to find the perfect school.

Assess Yourself to find the right type of school and program for your interest. Completing a self assessment will help you examine your goals and interests, and offers ideas on fields of study and careers that might be right for you. Research the school and find out as much as possible—such as the retention and graduation rates and job placement, whether it's a 4 year, 2 year, vocational or private school and most of all make sure the school is accredited.

Understand the Cost and know that it is a major priority to consider when choosing the right school. Make sure that the schools that you are interested in participate in the Federal Student Aid programs (Title IV). These programs assist with tuition and fees, books and supplies, room and board, and transportation. This aid can also help you pay dependent childcare expenses and assist with paying for a computer.



Bottom line—research, research, research, and make an informed decision about your college choice.

Put those summer dollars in the bank



It's important to manage the money you earned this summer. I know that you have plans to buy new tennis shoes or a hip pair of jeans for the next school dance. However, it is important to put your money in the bank. A cool way to stay in charge of your money is to track your expenses online via a trusted web site. Start saving today!



Know Your Money Matching Game

Directions:

Match the person with the corresponding bill.

Abraham Lincoln	\$1.00
George Washington	\$2.00
Benjamin Franklin	\$5.00
Thomas Jefferson	\$10.00
Ulysses Grant	\$20.00
Hamilton	\$50.00
Andrew Jackson	\$100.00

ANSWER KEY:

Washington=\$1, Jefferson=\$5, Lincoln=\$2, Hamilton=\$50, Grant=\$20, Jackson=\$100, Franklin=\$5

Take some time to chill

Whether you only have a little stress or a lot of stress, there are things you can do about it! One great way to deal with stress is RELAXATION. There are lots of ways to relax. You can go outside and play a game or sport, or play a videogame. You can go someplace quiet or listen to some soothing music. You can go for a long walk. You can do something artistic like drawing or playing a musical instrument. You could watch a movie that makes you feel good. If you find that you're too busy and you're stressed because you are always on the go, try and slow down. See if you can do one thing at a time and take your time doing it. Another thing you can do to relax is called deep breathing. You can imagine your stomach is a balloon and as you breathe in, fill the balloon until it is about to pop, then breath out deflating the balloon all the way down. Do this a few times and you'll feel a lot less stressed!



There are lots of ways to deal with stress. You probably have some things that you already do. Remember to find ways to relax, or you can talk to a trusted friend or adult about your feelings. Sometimes just talking about feelings makes stress feel better.

Cryptogram Fun

Directions

This puzzle is called a Cryptogram. At the top is a KEY that lists all of the letters from A thru Z with a box below. Each of the letters has a corresponding number.

The bottom part contains a secret phrase. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the phrase.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4	25	23	12	19	1	18	22	10	11	24	14	8	26	6	9	20	2	3	13	7	15	21	17	5	16

4 14 14 6 1 5 6 7 2 12 2 19 4 8 3 23 4 26

23 6 8 19 13 2 7 19 10 1 5 6 7 4 2 19

21 10 14 14 10 26 18 13 6 12 6 13 22 19 21 6 2 24

ANSWER KEY:

All of your dreams can come true, if you are willing to do the work

Are you old enough to Drive?

Cell Phones and Cars do NOT Match

Senate Bill 159 by Senator Cravins (Act 666) prohibits any person 17 years old and younger from using any wireless telecommunications device while operating a motor vehicle. The bill provides exceptions for emergencies and excludes vehicles legally parked. The bill further provides for fines that are doubled if a crash indicates the person was using a wireless device. You will receive a fine up to \$100 for your first offense and up to a \$250 fine for your second and subsequent offenses. If you are involved in a traffic accident and the law enforcement official determines you were in violation of this law when the accident occurred, the fine will be doubled. In case of accidents, law officials can subpoena cell phone records and compare with the time of accident to determine if you were using your cellular device during the time of the accident. This includes text-messaging and cell-phone use. The bill also provides that the violation is a non-moving.

If you are looking for a cool “app” contact your service provider to find out about applications and/or software for your mobile phone that activates automatically when it detects travel and auto responds to incoming calls and texts to say you are driving.

Remember, **do not drive while calling or texting**. You can always let your voicemail take the call, and you can always call back later when you are not driving.



Safe Driving Obstacle Course



Don't forget
to BUCKLE
UP!!!

